



Post-COVID Recovery

You should:

- Start slowly and introduce new activities gradually.
- Set yourself realistic targets each week.
- Rest when you feel tired.

Physical problems after COVID-19

1. Muscle weakness and joint stiffness
2. Extreme tiredness, fatigue and lack of energy
3. Reduced mobility
4. Unstable physical fitness
5. Poor smell and taste
6. Difficulties swallowing
7. Breathlessness
8. Phlegm build-up
9. Stomach concerned.

Walking

- | | |
|---|---------------------------------|
| 1. Walking is the best way to regain fitness. | Week 1: 5 to 10 minutes |
| 2. Set yourself small realistic goals. | Week 2: 10 to 15 minutes |
| 3. Plan your walk, bring someone with you. | Week 3: 15 to 20 minutes |
| 4. After 6 weeks aim for 30 minutes walking, 5 times a week. | Week 4: 20 to 25 minutes |
| 5. Your walk should be reasonably fast that you are slightly out of breath. | Week 5: 25 to 30 minutes |
| 6. Monitoring your breathing. | |
| 7. Recommend starting a log journal | |



Fundamental movement skills categories include: Balance skills - Movements where the body remains in place, but moves around its horizontal and vertical axes. Locomotor skills - such as running, jumping, hopping, and galloping. Ball skills - such as catching, throwing, kicking, underarm roll and striking.

It's so important that we start **developing basic movement skills**

Locomotor (Movement) Skills Body Control (Stability) Skills

Walking	Side steps
Running	Swinging
Jumping for height/distance	Climbing
Skipping	Crawling
Hopping	Dodging
Leaping	Galloping

Between Locomotor Skills and Stability Skills implemented into your daily workout, this will improve your functional movement. All of the above skills can be carried out in the comfort of your own home, if you're feeling weak or fatigue at any point stop and rest, also support your weights with holding onto the wall or using a kitchen chair as you accomplish the exercises.

Main body organs (Lungs)

COVID-19 has a tremendous impact on your lungs, research has shown once the lung is damaged it can cause fluid leaking from small blood vessels within the lungs. The fluid collects in the lungs "air sacs" or "alveoli" this makes it more difficult for the lungs to transfer oxygen from the air to the blood.

Exercise to improve adequately lung capacity "breathing exercise".

1. Diaphragmatic breathing
2. Simple deep breathing
3. "Counting" your breaths
4. Watching your posture
5. Staying hydrated
6. Staying active

Why physical activity is important during Covid-19?

During the COVID pandemic, so many of us are restricted in our movements, people of all ages and abilities need to be as active as possible. Even a short break from sitting, by doing 3-5 minutes of physical movement, such as walking or stretching, will help ease muscle strain, relieve mental tension and improve blood circulation and muscle activity. Regular physical activity can also help to give the day a routine and be a way of staying in contact with family and friends.